> nervousness and excitability prevalent among our sane population, doubtless contribute to aggravate all the symptoms of the insane persons when reason is lost. (1877, 246)

Curiously, given his opposition to the widespread use of drugs, he seems to have no opposition to alcohol. He would indicate the low death-rate as an argument for abstention from drugs, that is if he argued as crudely as the faddists who used them too readily, entirely on the basis of results, before objectively establishing the conditions of patients and their surroundings (1879, 298). For his use of alcohol, he invokes the numerous authorities: Anstie, Dupré, Schulinus, Binx, Subbotin, Sydney, Ringer, and Thudichum.

The adoption of qualified "non-restraint" is complicated by the crowding of the Asylum, where one attendant must care for as many as 18 patients. The fact that by 1883 "there has been no restraint of any kind for over seven years" in the men's refractory ward is not boastfully reported, since it is due to the conduct of the patients themselves; had they required it, they would have been restrained. While Clark desires to keep restraint to a minimum, he reserves the right to determine what that minimum is, and the authority to impose it when he considers it necessary.

Clark insists that the successful reduction of physical restraint depends mainly on the tactfulness of the staff or, as Clark puts it, "a judicious exercise of control by discreet attendants" (1883, 62). It being human nature to resist "opposition or restraint in any form" (62), the removal of it often has a sedative effect. The "open door system" is used in the three cottages and on the main floor, mainly because there the patients "are harmless, quiet, and have no disposition to stray away" (62). If one implication of Clark's argument is that the staff have such discretion, another is that he has -- and moreover must have authority to choose the staff that will have it.

When Clark's authority fails, or when the staff fail to exercise that discretion for which he chose them, the fault is elsewhere. Clark reports an incident on April 1, 1884, involving Rachel Stephens and Valeria McKinley, who share a room in the refractory ward. Rachel had been harmless, and Valeria melancholy "but quiet" (1884, 97). At approximately 6 A.M. a nurse heard the